

# Grade One

## Movement Skills and Movement Knowledge

**Standard 1      The student will be competent in many movement activities.**

Students in **grade one** who meet this standard will be able to:

- Travel and change direction quickly in response to a signal.
- Begin to identify and demonstrate four characteristics of a correct throw.
- Toss and catch a ball alone or with a partner.
- Kick a ball rolled to them.
- Travel in relationship to objects: over, under, behind, and through.

The following is a task that might be used to meet the standard:

- Students will participate in obstacle courses, follow-the-leader activities, and under- and overhand throwing games. In a throwing game requiring speed, distance, and spontaneity, such as “clean up your backyard,” the teacher will observe students’ correct throwing form, including (1) sighting the target; (2) standing sideways to the target with the throwing arm farther from the target; (3) stepping with the leg opposite to the throwing arm; and (4) following through.

**Standard 2      The student will understand how and why one moves in a variety of situations and will use this information to enhance his or her skills.**

Students in **grade one** who meet this standard will be able to:

- Place the body and limbs in different positions, demonstrating high, middle, and low levels.
- Move backward and change direction safely without falling.
- Balance on a variety of body parts.

The following is a task that might be used to meet the standard:

- Students will play a game of “follow the leader” in which the teacher or student leader demonstrates examples of balancing on one or more body parts and then observes the students to determine whether they can replicate the action as demonstrated. Students will select proper body parts and recognize that it is easier to balance when there are more body parts upon which to balance.

**Standard 3      The student will achieve and maintain a health-enhancing level of physical fitness.**

Students in **grade one** who meet this standard will be able to:

- Begin to recognize changes in their bodies, such as changes in height or weight.
- Identify oxygen and food as fuel to supply the body with energy.
- Engage in sustained physical activity that causes an increased heart rate and heavy breathing.

The following is a task that might be used to meet the standard:

- Students will engage in timed, sustained physical activities, such as large-group games, individual jump rope, and aerobic dance, designed to increase the heart and breathing rates. Students will recognize and state changes in breathing and heart rate before, during, and after activity and will identify the need for increased oxygen caused by increased activity.

## Self-image and Personal Development

**Standard 4      The student will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression.**

Students in **grade one** who meet this standard will be able to:

- Participate in a wide variety of physical activities outside the physical education class.
- Show interest in trying new movement activities and skills.
- Identify how the body feels during different kinds of physical activity.

The following is a task that might be used to meet the standard:

- Students will record on a checklist or chart activities in which they participate outside the physical education class. Students will create an art project illustrating the activity or activities they enjoy.

**Standard 5      The student will demonstrate responsible personal behavior while participating in movement activities.**

Students in **grade one** who meet this standard will be able to:

- Use equipment safely and responsibly.
- Develop responsibility for expected behaviors on the playground and in the classroom.
- Stop activity immediately at the signal to do so.

The following are assignments and tasks that might be used to meet the standard:

- After rules and procedures have been taught, students will act out the rule and demonstrate the proper use of equipment. Students will respond accurately to the identified rules and procedures and respond to the teacher's signals.
- Students will play a starting-stopping game, respecting others' personal space.

## Social Development

**Standard 6**      **The student will demonstrate responsible social behavior while participating in movement activities. The student will understand the importance of respect for all others.**

Students in **grade one** who meet this standard will be able to:

- Work in a group setting without interfering with others.
- Take turns using a piece of equipment.
- Interact positively with others regardless of personal differences.

The following is a task that might be used to meet the standard:

- Students are observed working on tasks alone and with other students. When disputes arise, the students are able to resolve the difficulty by using simple problem-solving techniques (giving second tries or letting the other go first, for example) with minimal teacher intervention.

**Standard 7**      **The student will understand the interrelationship between history and culture and games, sports, play, and dance.**

Students in **grade one** who meet this standard will be able to:

- Identify variations in games and activities played in classmates' homes and neighborhoods.

The following is a task that might be used to meet the standard:

- Students will share a game that reflects their family or culture. They will compare it with other games played at school or described by other students.